

CRITICAL ANALYSIS OF THE LEGAL FRAMEWORK IN THE ADDITION OF FOOD FLAVOURINGS AND THEIR LABELLING IN FOOD

INTRODUCTION

Flavourings are defined as products not destined to consumption themselves, added to food to modify their taste or scent and composed of flavouring parts and non-flavouring parts. The concept “clean label” demands a clear, understandable and healthy food label which tries to erase the E numbers of the additives from the labelling.

OBJECTIVES

- To carry out a critical analysis of the labelling of aromas in food.
- To list the additives that can be added to an aroma and its technological function.
- To perform a study of foods marketed with aromas present on their labelling.



PRODUCTS ON THE MARKET

Comparative study between two similar products from two different brands.

Table 2. Additives in two cupcake brands.

Cupcakes (Hacendado)	Spelled muffins with syrup (Biodarma)
Stabilizers (sorbitol, glycerine)	-
Raising agents (sodium carbonate)	Raising agents (sodium bicarbonate)
Acidity regulators (tartaric acid)	Acidity regulators (citric acid)
Preservatives (potassium sorbate)	-
-	Natural flavouring, lemon essential oil

Table 3. Additives in two margarine brands.

Margarine (Tulipán)	Shea and Almond Margarine (Naturli)
Emulsifiers (mono and diglycerides of fatty acids, sunflower lecithin)	Emulsifiers (lecithin)
Acidity regulators (lactic acid)	-
Preservatives (potassium sorbate)	-
Stabilizers (xanthan gum)	-
Natural Flavouring	Natural flavouring
Colours (carotenes)	-

REGULATION 1334/2008

Specific regulation about flavourings and certain food ingredients with flavouring properties for use in and on foods. It defines the different flavouring parts and the appropriate way of their labelling in food.

- Natural flavouring substances and flavouring substances.
- The way of mentioning cannot mislead the consumer.
- Flavourings do not have to state their additives in the food label.

REGULATION 1130/2011

Regulation to establish a list of authorized food additives and their addition to flavourings.

Table 1. Compilation of additives that can be added to flavours with multiple technological functions.

Additives	Technological function	Other technological functions
Sorbitol	Sweeteners	Emulsifiers
Maltitol		Gelling agents
Dimethyl polysiloxane	Anti-foaming agents	Carriers
Beeswax	Glazing agents	Carriers
Triethyl citrate	Solvents	Anti-caking agents
Glyceryl diacetate		Carriers
Glyceryl triacetate		Flavourings
Propane-1,2-diol (propylene glycol)		Carriers
Benzyl alcohol		Carriers

CONCLUSIONS

- Regulation establishes that flavourings must appear in labelling always following the labelling rules.
- The additives present in the flavourings have a technological effect in the final food.
- There exist additives with more than one technological function, including flavouring properties.
- Since the regulation does not establish the declaration of the additives present in the flavouring, it is a way to avoid declaring E numbers in order to satisfy consumers and make a “clean label”.
- The so-called “bio” products try not to have additives in their labelling but even so, certain technological effects are appreciated in food.

REFERENCES

Reglamento (UE) Nº 1334/2008 del Parlamento Europeo y del Consejo (16 de diciembre de 2008) sobre los aromas y determinados ingredientes alimentarios con propiedades aromatizantes utilizados en los alimentos

Reglamento (UE) Nº 1130/2011 de la Comisión (11 de noviembre de 2011) por el que se modifica el Reglamento (CE) Nº 1333/2008 del Parlamento Europeo y del Consejo, sobre aditivos alimentarios, para establecer una lista de aditivos alimentarios de la Unión autorizados para ser empleados en aditivos alimentarios, enzimas alimentarias, aromas alimentarios y nutrientes.